

SACRAMENTO AREA CAREER WOMENS NETWORK, INC.

VOL. 6, NO. 12

DECEMBER, 1990

Wishing SACWNers A Happy Hannukah, Sunny Solstice, and Merry Christmas!

If holiday shopping makes you want to head south for the winter, we've got some great gift-giving ideas for you . . .

Give a SACWN membership to a friend, lover, or co-worker this season!! Let your special friend know you want her to experience the events, networking, and great programs you've enjoyed as a SACWN member. Do you know a bridge player, book reader, or outdoors woman who would love our Special Interest Groups? A SACWN **Gift Membership** might be just the thing for that hard-to-shop-for woman on your list!

Gift memberships may be ordered in 6-month and 12-month increments. Please use the order form on page 9 to order your gift membership(s). The membership card and a gift certificate suitable for wrapping will be mailed to you, or directly to the recipient if you choose. Give the gift of SACWN to the women you love!!

Why not give a gift certificate from one of SACWN's advertisers? Many of our advertisers offer holiday gift certificates — hair care, massage, books, you name it! Why not treat that special woman on your list to some fine products or services from SACWN's advertisers? She'll enjoy the gift and our advertisers will appreciate your support.

And if the above suggestions for late-gift-giving aren't to your liking or your style, consider giving a donation and a bit of holiday cheer to the gay and lesbian organizations that do so much for us the entire year. Gift donations can be made in the name of someone you love, too. The following local organizations would welcome a holiday gift/donation:

Sacramento AIDS Foundation
1900 K Street, Suite 200, Sacramento

River City Metropolitan Community Church
3418 Broadway, Sacramento

Hope House
Box 2161, Sacramento 95812

Lambda Community Center
1931 L Street, Sacramento

WEAVE, Inc.
P.O. Box 161356, Sacramento 95816

Lobby for Individual Freedom and Equality
LIFE
926 J Street, Suite 1020, Sacramento

Thank you for putting your resources back into the community!

The Newsletter Staff (Mary Smith, Sandra Warne, Paula Kregel, Remy Ceci, and Amanda Stennick) wish you all a merry holiday season.

Editorial

SPEAK/OUT

Due to space limitations in the December newsletter there will be no editorial this month. See you in January 1991.

Speak/out is a regularly appearing editorial in the Newsletter and does not necessarily reflect the views of the Steering Committee.

The Newsletter welcomes your signed letters (full names with phone numbers for verification, please). Your name will not be printed if you wish to remain anonymous. Letters will not be accepted over 250 words. Letters will be edited for space requirements. Please submit any letters to Amanda Stennick, 2033 36th Street, Sacramento, 95817. All letters must be received by the second Tuesday of each month. Letters will not be published unless the above guidelines are followed.

Vacancies On SACWN Steering Committee

At a SACWN retreat November 16th, four Steering Committee Coordinators announced their resignations: Newsletter Coordinator Amanda Stennick, Special Events Coordinator Jane Randall, Volunteer Coordinator Sally Rydell, and Finance Coordinator Jesse McGuinn. In addition, Marketing/Advertising Coordinator Remy Ceci had announced her resignation at the regular Steering Committee meeting November 6th. If you are interested in serving SACWN by being a Coordinator on the Steering Committee, please contact Steering Committee Coordinator Rosanna Herber, 451-1682.

A Message From The Steering Committee

SACWN has completed another year of events and we hope you were pleased with the activities we offered. The SACWN Board will be meeting in December to review the events planned for next year and to forge a vision for SACWN in 1991. You can be sure we will ask for your input in the coming year on issues important to SACWN's future.

One issue we asked for your feedback on was the Lesbian/Gay Town Council. Here's the latest update. The Town Council is considering a change in the by-laws to make it an "action group." SACWN would continue to have a right to choose whether or not we wanted to participate in a specific activity, but the Council as a whole could vote to implement a plan of action to address a community issue.

Temporarily, Joanna Cassese and I are representing SACWN on the Town Council. A sub-committee of the SACWN Board is exploring how SACWN will be represented and how the membership will have input in decisions the Town Council makes. If you have any ideas on how to do this, please call Joanna or me.

The SACWN Board wishes you a holiday season filled with warm moments for you and your loved ones. We look forward to serving you in 1991. Happy Holidays!!

Rosanna Herber
Steering Committee Coordinator

Editor's Note: The Steering Committee has never taken any action to designate Joanna Cassese or Rosanna Herber as representing SACWN on the Town Council, temporarily or otherwise.

COMING UP!

SACWN has a great 1991 planned for you. Coming up in the first quarter of the new year . . .

- January 18 JoAnn Loulan! Back by popular demand, JoAnn will discuss her new book, *The Lesbian Erotic Dance*. Don't miss this great author and sex educator talk about our favorite subject.
- February 23 Sweetheart Dance, with a live band, the Heartbeats! Dance the night away at the Unitarian Church.
- March 15 That classic Lesbian comedian Robin Tyler will have you rolling in the aisles. Don't miss her new act.

STEERING COMMITTEE

AMANDA STENNICK Newsletter Coordinator (916) 451-3439	JESSE MCGUINN Finance Coordinator (916) 363-5426
SUSAN GOODRICH Networking Committee Coordinator (916) 451-9691	SALLY RYDELL Volunteer Coordinator (916) 363-5426
ROSEMARY METRAILER Corporate Coordinator (916) 447-7255	ELLIE ZACKS Special Interest Groups Coord. (916) 967-0611
JANE RANDALL Special Events Coordinator (916) 973-8583	ROSANNA HERBER Steering Committee Coordinator (916) 451-1682
REMY CECI Marketing/Advertising Coordinator (916) 455-8054	LINDA KILLICK Administrative Assistant (916) 486-8985
JOANNA CASSESE Program Coordinator (415) 787-1623	KATE MORAN Special Projects Coordinator (916) 621-4099

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SACWN, Inc. solicits letters regarding issues, concerns, etc. Please send letters signed to Editor, Amanda Stennick, 2033 36th St., Sacramento, CA 95817. Names will appear with prior approval. Letters may be edited due to space restrictions.

NEWSLETTER STAFF

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 WORDCRAFT TYPESETTING

AD RATES — (ads not camera-ready may be extra)

Full Page (7¼"x10¼") - Member \$120⁰⁰, Non-member \$180⁰⁰

Half Page (7¼"x5") - Member \$60⁰⁰, Non-member \$90⁰⁰

Quarter Page (3½"x4¾") - Member \$30⁰⁰, Non-member \$45⁰⁰

2 Column inch (3½"x2"-Business Card) - Member \$15⁰⁰, Non-member \$22⁵⁰

2 Column inch (3½"x3") - Member \$22⁵⁰, Non-member \$33⁷⁵

Classified Section - Member \$.20 per word, Non-member \$.30 per word.

NO ADS WILL BE TAKEN OVER THE PHONE OR AT SACWN EVENTS. PAY IN FULL IN ADVANCE AND SAVE 10% for 3 insertions or longer — SAVE 15% with 12 insertions.

All art and payment is **due on the 2nd Tuesday of the month** for next month's issue. Send to SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

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Newsletter Production Schedule

We generally strive to have your newsletter to you on or near the first of each month. However, because the Thanksgiving holiday came right in the midst of our normal production schedule, with several key women involved in the production out of town, this issue is coming to you a little later than usual. We regret any inconvenience this might cause our readers.

Calendar of Events in the Community

NOW Chapter Meeting and Holiday Party

Wed., Dec. 12, 7-9 p.m., 1703 H Street. Call 443-3470 for more info.

Lambda Players, "A Night of One-Acts"

Saturdays and Sundays, Dec. 1-16th, Lambda Community Center, 1931 L Street, Curtain 8:15 p.m. \$5 advance/\$7 door. Call 442-0185 for info

"Second Annual Variety Christmas Show"

December 13th, by Performing Artists for AIDS Related Charities and Santa and Mrs. Claus. 7-9 p.m., Faces, 2000 K Street. \$3.00 donation to benefit PWA's

River City MCC "Christmas Craft Faire"

Dec. 14-16. Call 454-4762 for info

Lioness Annual Christmas Party

Dec. 15 and 16 (They're doing something different this year, with entertainment.) Stop by or call them at 442-4657 for details

Snow White Champagne Ball

Saturday, Dec. 15, 8:00 p.m., Lincoln Plaza Atrium. \$35 (\$45 at the door). Call 441-6397 for more info

Sacramento Men's Chorus Sixth Annual Winter Concert

Special Guests: Golden Gate Men's Chorus, Friday, Dec. 14 and Sat., Dec. 15. Both concerts at 8:00 p.m. First United Methodist Church, 21st and J Streets. \$8 in advance, \$10 at the door, Seniors/Students \$7 (at all times). Tickets: Lambda Community Center, The Gifted Gardener, Lioness Books, Howe Ave. Box Office

BACW New Year's Eve Party and Dance

Mon., Dec. 31, 7:30 p.m. to 2:00 a.m., Miyako Hotel, 1625 Post Street, Japan Center, San Francisco. \$65 members, \$75 non-members. Call the Miyako Hotel at (415) 922-3200 for reservations by Dec. 20th

Town Council Report

By Mary Smith, Newsletter Staff

The Sacramento Lesbian and Gay Town Council met on October 23rd. The primary issue discussed was whether or not the Town Council is/should be an action body. The discussion concluded with general agreement that it should be action-oriented, as long as there is flexibility to take this issue back to each member organization for consideration.

The purpose statement in the bylaws will be rewritten to read as follows:

"Sacramento Lesbian and Gay Town Council is formed to . . .

. . . serve as a means of exchange of information and resources between the various gay and lesbian organizations in Sacramento.

. . . provide a forum for the discussion of local issues which impact the Sacramento lesbian and gay community. The Town Council may institute a plan of action to address an issue and ask member organizations to participate in that plan."

Additionally, it was agreed that a quorum would be defined as consisting of at least fifty percent of voting members in good standing. Good standing is defined as having had representation at two of the last three meetings.

Some of the opinions expressed by various members during the discussion of this issue were:

CAPPAC: The Town Council cannot take a major role in all cases, but occasionally must take a stance on major issues which may include some action. Endorses being an action body.

DELTA LAMBDA PHI: Endorses being an action body.

ACT UP: Believes the Town Council has a history of being an action body and supports continuing.

LAMBDA LETTERS: No opinion.

GLAS: Finds it frustrating to attend meetings of an organization that cannot find footing. The Town Council should be an action body on a narrow spectrum.

SACWN: The Town Council should formulate a plan of action, share information, and enlist people within each member organization to take action. A clause should be added to the bylaws requiring major issues to be taken back to organizations for consideration.

RCDC: The purpose statement is effective and appropriate. This organization would prefer not to be burdened with more meetings.

MCC: The purpose statement is adequate. MCC would not like to see the ability to take action taken away.

SACAOR: The Town Council should be an action group.

SACRAMENTO MEN'S CHORUS: This organization doesn't have time to take issues back to their own

Continued on next page



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Town Council *Continued from previous page*

organizations. Prefers the current purpose statement because it is open.

MGW: Prefers the Town Council to be an action body as opposed to providing only a calendar of information regarding activities of members.

The next meeting was scheduled for November 27th.

For more information, please contact Joanna Cassese at 451-0288, or Rosanna Herber at 451-1682.

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BACW CELEBRATES!

NEW YEAR'S EVE DINNER DANCE



Monday, December 31, 1990

7:30 p.m. to 2 a.m.

*At the Miyako Hotel
1625 Post Street
Japan Center, San Francisco*

*Two ballrooms --the musical style of your choice:
City Swing Band and Disco Room*

Dinner : Herbed Chicken Breast, London Broil, or Vegetarian Plate

No-host bar. Formal attire optional.

Celebrating our tenth year of events for women.

Accommodations at the Miyako Hotel are being offered to BACW members and guests at the special rate of \$98 per night. The deadline for reservations is December 20. Call the Miyako Hotel at 922-3200.

Tickets will be sold through December 26.
No tickets available at the door. Sorry, no refunds.

Members \$65, Non-Members \$75.

New Year's Eve Dinner Dance Reservation

Please reserve _____ member tickets at \$65 and _____ non-member tickets at \$75.

Please indicate membership number for each member ticket purchased _____

My check made out to BACW for \$_____ is enclosed.

Or charge my VISA or Master Card (\$1 service charge per ticket will be applied.) Charge by phone (415)495-5393.
Mail to: BACW, 55 New Montgomery St., Suite 606, San Francisco, CA 94105.

Name _____ Address _____

City/State/Zip _____ Phone # _____ Visa _____ Master Card _____

Visa or Master Card Account No. _____ Expiration date: _____

Signature _____ Dinner : Chicken _____ London Broil _____ Vegetarian _____

SPECIAL INTEREST GROUPS

Our S.I.G. facilitator of the month is Aerial of Self-Employed Women. Aerial began this group two years and some months ago and is leaving her position as facilitator, after creating and maintaining a group that has been extremely valuable to its members. No longer do self-employed SACWN women need to feel isolated. Thanks to Aerial's commitment and vision, this group provides support and networking, inter-referrals, problem-solving with regards to insurance, computers, marketing, financial planning and tax issues, as well as many other topics. Thanks, Aerial, for a job well done!

New facilitators needed: Self-employed, Singles

Ellie Zacks
S.I.G. Coordinator
967-0611

Kathy Mullen
Associate

Happy Holidays to you all! We have a vision of 20 special interest groups by September, so call with your ideas and energy!

BRIDGE

Dec. 14 - Potluck Party, Dec. 28 - Bridge. Call Joyce, 1-676-4317.

GOLF

Jane, 424-3153.

SINGLES

Ever been transmogrified? It could happen to you at the next Singles group! Even if it doesn't, you'll still have a good time at this month's activity: game night at Susan's house. Call Pam this month for info, 362-8629.

OUTDOOR RECREATION

We have a new facilitator for this group! Thanks, Carol! A potluck will be held on Wednesday, Dec. 12 at 6:30 p.m. to discuss future activities for this group. Carol, 451-7933.

SELF-EMPLOYED WOMEN

There will be no December meeting as Christmas conflicts with our 4th Tuesday time. Call Ellie if you wish to be our new facilitator — 967-0611.

BOOK GROUP

This group meets the 3rd Sunday of the month. Call Gretchen, 922-6287 for this month's info.

LATE-BLOOMING LESBIANS

Is this your first (or second) holiday season since coming out? You're not alone. Do you have family gatherings to face, or other new issues? Find support from others who share your situation. Join other Late Bloomers, Dec. 13 at 7 p.m. and take a little time to care for *you*. Call Mary, 1-677-8901, messages OK.

RELATIONSHIP ADDICTION

One definition of relationship addiction is "the more any of us need a specific reaction from another person, the more dependent we are on that individual." Does that fit you? Or "In spite of ample evidence that something isn't good for us, we cannot stop our involvement with it." (Robin Norwood) We are a small group who have these things in common. We offer support and a safe place as well as 12-step study for relationship addiction. We do discourage partners from participating in the group. Call Judie, 481-5001.

CULTURE CLUB

Rainy cold days, hard to bestir ourselves from a cozy hearth. But if you don't you'll miss out on all the fun. Don't be a couch potato. Winter means the Culture Club goes into high gear. Join us, share the energy. Call Ann, 927-6038.

TOP TEN

Top Ten will meet Sunday, Dec. 9 at 11 a.m. for a holiday brunch. If you are over 50, come join us for support, companionship and fun. Call Ariel, 483-9794 for info.

DAVIS OVER 30

We may not get a White Christmas in Davis, but we will get a warm and wonderful group of Davis women intent on enjoying a special holiday celebration together. Plan to join us on Sunday, Dec. 16 for a holiday brunch where we will kindle the fire and stoke our ever growing connectedness to each other. We have a lot to celebrate! Call Chris, 758-0879 or Shelley, 753-0470 for location and details.

SCUBA DIVERS

Emily, 753-1918.

MENTAL HEALTH PROFESSIONALS GROUP

For those practicing psychotherapy: networking, support, socializing. For meeting time and location, call Karen, 457-9491.

MONEY—A MEANS OF EXCHANGE OR A CONSTANT SOURCE OF PAIN?

Ann, 927-6038.

Sacramento Women's Chorus

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*First Concert, December 7th, at 8:00 p.m.,
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Avenue, West Sacramento.*

*Second Concert, December 8th, 8:00 p.m. at
St. Paul's Methodist Church, Vacaville.*

*Admission is \$5.00 per person. Tickets
available at Lioness Books, or at the door.
For more information call 429-7155.*

Emotions and Your Health A Balancing Act . . .

by Sandra Warne, MA

Good Grief

We are given numerous daily losses and a long-term aging process to prepare us for our future death. Most of our daily deaths are minor; some are major. Our world is filled with cars not starting, broken relationships, incomplete tasks, misplaced objects, financial setbacks, and loss of independence. All of these are preparing us for our ultimate losses; minute versions of the death of loved ones and finally of ourselves.

The way in which we handle the anger, the rage, the guilt, the impatience, and acceptance of these daily losses is a preview of the way we will handle the death of a loved one or the final days of our physical existence.

Grief: It's the most profound emotional pain we will ever experience. It can strike suddenly and with devastating intensity. It grips like a vice for months, even years. To make matters worse, medical studies have shown that it can raise havoc with our immune systems. But we now know that grief is the most harmful when it is not respected and expressed. Grief is the process of healing from the pain of loss and if we don't grieve we become chronically disoriented. To fully recover and move forward past the immediate loss we must affirm and acknowledge our feelings. Sorrow, guilt, anger, depression, loneliness, fear, anxiety and shame are all normal emotions associated with bereavement that need to be voiced openly and honestly.

Crying is a healthy outlet. Tears carry away toxins that are produced during emotional shock. If grief is the process of healing then why is it often thought of as harmful? Much hinges on our preparedness to deal with loss. Fear, not grief, is the culprit. Fear of death (our own, as well as the loss of those we love) can immobilize us to the point that we deny our grief. It is the denial or suppression, then that can give rise to serious consequences.

Unfortunately, too supportive efforts often discourage full expression of our emotions. Well-meaning relatives may tell us to be strong, "think positive," "don't cry."

Doctors may prescribe tranquilizers and antidepressant drugs long after the initial shock period — whether or not they are necessary. These are all common socializing techniques that, in effect, block the natural grieving process. And, in so doing, do more harm than good.

It is important to allow enough time for the grieving and healing process. With today's emphasis on doing everything faster — whether it's cooking, working or healing — taking it easy can be tough. Tradition holds that when a person is bereaved, she is relieved of responsibility. That is how the ritual of taking food to the mourning family originated. But as our notion of work changed, so did our notion of worth. If a person is non-productive for a time, society makes her feel worthless.

As a society then, we need to be more understanding. As individuals we need to be more patient. Grieving takes time. There's no way to shorten its duration. For grief to be regenerative we need to express the courage to let go, the faith that we will heal, and the willingness to rejoin life fully.

Barbara J. Ballif, L.C.S.W. & Associates

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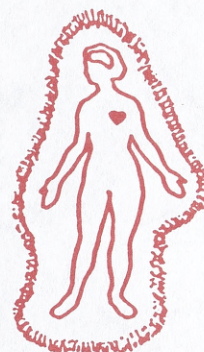
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WAIVER — I AM AWARE THAT CERTAIN RISKS OR INJURIES COULD OCCUR ARISING FROM MY PARTICIPATION IN SACWN, INC. EVENTS AND/OR SPECIAL INTEREST GROUPS. IN CONSIDERATION OF THE RIGHT TO PARTICIPATE IN SUCH EVENTS, SOME OF WHICH MAY INVOLVE STRENUOUS ACTIVITY (I.E. HIKING, GOLFING, SKIING, CYCLING, ETC.), I HEREBY ASSUME ALL RISKS AND WILL HOLD SACWN, INC. AND ITS MEMBERS HARMLESS FROM ALL LIABILITY WHICH MAY ARISE IN CONNECTION WITH THESE ACTIVITIES.

SIGNATURE _____ DATE _____

*LIMITED INCOME - SACWN, Inc. considers a person living on a limited income to be anyone who is having a difficult time paying for basic necessities — food, utilities and rent — and who rarely considers entertainment as part of their budget. SENIORS, STUDENTS, DISABLED — Age 65+ on Limited Income; Students 21+ on Limited Income; Disabled Citizens on Limited Income.

SACWN Gift Membership Order Form

Please order Gift Memberships for the following women:

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Send Membership Card & Gift Certificate to:

☐ Gift Receiver ☐ Gift Giver

Name: _____

Address: _____

City: _____ State _____ Zip _____

Gift Membership: ☐ 6 mos. (\$18) ☐ 12 mos. (\$36)

Send Membership Card & Gift Certificate to:

☐ Gift Receiver ☐ Gift Giver

These Gift Memberships are being ordered by:

Name: _____

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City: _____ State _____ Zip _____

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TOTAL AMOUNT ENCLOSED: \$ _____

Make checks payable to SACWN, Inc.

Send order form, check or money order to:

SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866

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